The Potato COOKBOOK

50 Delicious and Wholesome Recipes

Rachael Rayner

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BY

Rachael Rayner

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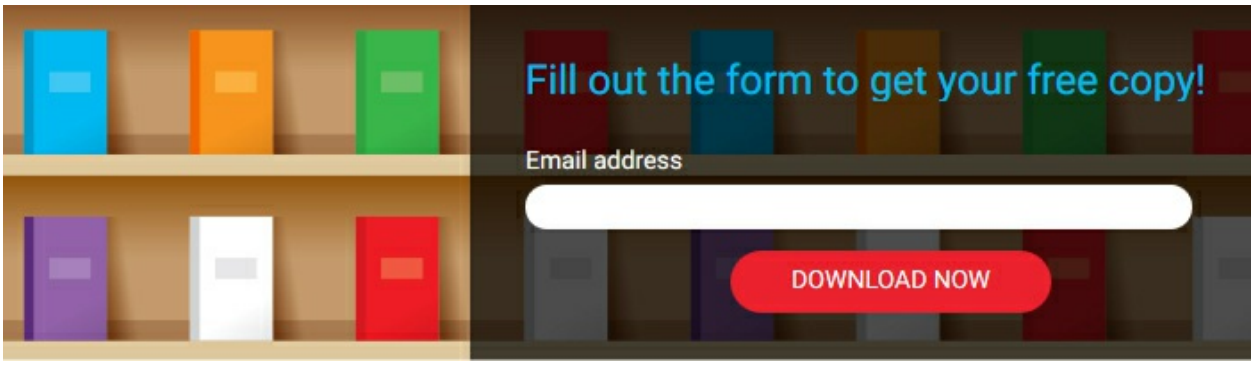

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Introduction

The most staple vegetable if there has ever been, then it’s defi-nitely potatoes which appeal to everyone, whether consumed in classic comfort dishes or in some new and innovative forms. Adaptable, nutritious, economical and undoubtedly delicious, very few vegetables and some food in general can make up to the list.

These are many delightful variants that potatoes can offer in this extensive and diverse assortment of recipes: Creamy Mashed Po-tatoes, Garlic Potatoes; Potato Frittata, Potato Curry, Potato Pat-ties, Tangy Potato, Stir Fried Potatoes with Chorizo, Ginger Po-tato Chicken, Potato Pulao, Potato Peanut Salad, Potato Macaroni and many heartier mouth-watering recipes with potatoes.

There is so much more to potatoes than just mashed one. This se-lection of 50 recipes honours the numerous ways you can prepare with potatoes, whether it’s mashed, baked, roasted or fried! In the cookbook, potatoes are the leading star in every recipe.

If you are searching for an easy dinner dish when you are tired, a healthful snack or a hot potato dish, you'll get it in The Potato Cookbook. Like the important and tasteful vegetable, itself, The Potato Cookbook will become an absolute favourite, whether you want to cook an economical meal or simply love to eat potatoes!

Potato Curry

Potato in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds

- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Chickpea Curry

Potato and chickpeas in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup boiled chickpeas
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Chicken Curry

Potato and chicken in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1/2 pound boiled chicken, shredded
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Green Pea Curry

Potato and green peas in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup boiled green peas
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Bell Pepper Curry

Potato and bell pepper in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 medium green bell pepper, chopped
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree

- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Lentil Curry

Potato and lentil in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup boiled lentils
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Spinach Curry

Potato and spinach in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup baby spinach leaves
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste

- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Baby Potato Cream Curry

Potato and baby potatoes in creamy tomato!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 pound baby potatoes, partially boiled and halved
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup sour cream

- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Stir in sour cream and cook for another 10 minutes.

5. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

6. Serve hot with rice or naan.

Potato Lamb Curry

Potato and lamb in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1/2 pound roasted lamb, diced into bite size pieces
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds

- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Sausage Curry

Potato and sausage in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup sausage, chopped
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Pork Curry

Potato and pork loin in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1/2 pound roasted pork loin, chopped
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Ricotta Curry

Potato and ricotta cheese in tangy tomato and onion curry!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1/2 pound ricotta cheese, chopped into bite sized pieces
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil

- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Now, pour in tomato puree and keep cooking until all the ingredients turn into a thick gravy. Then, add in the remaining ingredients except coriander leaves.

3. Pour in a quart of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with cori-ander leaves.

5. Serve hot with rice or naan.

Potato Rice Bowl

Potato cooked with rice, veggies and sauces!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 2 cups rice, rinsed
- 1 cup boiled pinto beans
- 1 cup corn kernels
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 2 tablespoons chipotle sauce

- 2 tablespoons barbecue sauce
- 1/2 teaspoon paprika
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- 1/2 cup nachos, crushed for garnishing
- 1/2 cup avocado, onion and tomato for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the ingredients except the ingredients for garnishing. Pour in 4 cups of water and mix well. Cover the pan with a lid. Then, let it simmer over low heat for 20-30 minutes. Cook until rice and potatoes are cooked through, stirring occasionally.

3. Once done, remove the pan from heat. Transfer the rice to a serving bowl. Garnish with corian-der, nachos, tomato, onion and avocados.

4. Serve hot!

Potato Pulao

Potato cooked with peas and basmati rice!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 2 cups basmati rice, rinsed
- 1 cup boiled green pea kernels
- 1 small red onion, thinly sliced
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 1 teaspoon garam masala
- 2 tablespoons pomace olive oil
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the ingredients. Pour in 4 cups of water and mix well. Cover the pan with a lid and let it simmer over low heat for 20-30 minutes. Cook until rice and potatoes are cooked through, stirring occasionally.

3. Once done, remove the pan from heat. Transfer the rice to a serving bowl.

4. Serve hot!

Stir Fried Potatoes with

French beans potato cooked with french beans and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 2 cups

French Beans

- , chopped
- 1 large red onion, finely chopped
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil

- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl. Garnish with corian-der leaves.

5. Serve hot with bread or naan.

Garlic Potatoes

Potato cooked with garlic and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 3 partially large boiled potatoes, peeled and diced into 1 inch pieces
- 1 large red onion, finely chopped
- 4 tablespoons finely chopped garlic
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and garlic. Sauté until golden.

2. Add in all the remaining ingredients except coriander leaves.

3. Then, cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl. Garnish with corian-der leaves.

5. Serve hot with bread or naan.

Stir Fried Potatoes with

Chorizo Potato cooked with Chorizo and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 2 cups

Chorizo

- , chopped
- 1 large red onion, pureed
- 1 tablespoon ginger-garlic paste
- 2 tablespoons pomace olive oil
- 1 teaspoon paprika

- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl.

5. Serve hot with bread or tortilla.

Aloo Gobi

Potato cooked with cauliflower, ginger and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 medium head cauliflower florets
- 1 large red onion, finely chopped
- 1 tablespoon freshly grated ginger
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon garam masala
- 1 teaspoon turmeric powder
- 1/2 cup fresh coriander leaves for garnishing, finely chopped

- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and garlic paste. Sauté until golden-brown.

2. Now, add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 20-30 minutes, stirring occasionally.

4. Once done, remove the pan from heat and transfer the dish to a serving bowl. Garnish with co-riander leaves.

5. Serve hot with bread or naan

Cumin Potato

Potato cooked with cumin and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 3 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 large red onion, finely chopped
- 1 tablespoon ginger-garlic paste
- 2 teaspoons cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl. Garnish with corian-der leaves.

5. Serve hot with bread or naan

Stir Fried Potatoes with

Peas and Carrots Potato cooked with Peas and Carrots

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1 cup carrot, finely chopped
- 1 cup green pea kernels
- 1 large red onion, finely chopped
- 1 tablespoon ginger-garlic paste
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala

- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in cumin seeds and cook until golden. Then, add in onion and ginger-garlic paste. Sauté until golden-brown.

2. Add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl. Garnish with corian-der leaves.

5. Serve hot with bread or naan.

Potato Fajita

Potato cooked with bell peppers and onion!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 2 partially boiled potatoes, peeled and diced into 1 inch pieces
- 1/2 cup yellow bell pepper, chopped
- 1/2 cup green bell pepper, chopped
- 1/2 cup red bell pepper, chopped
- 1 large red onion, thinly sliced
- 1 teaspoon smoked paprika
- 1/2 cup fresh coriander leaves for garnishing, finely chopped
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in onion and sauté until pink.

2. Add in all the remaining ingredients except coriander leaves.

3. Cover the pan with a lid and let it simmer over low heat for 15-20, stirring occasionally.

4. Once done, remove the pan from heat. Transfer the dish to a serving bowl. Garnish with corian-der leaves.

5. Serve hot with bread or tortillas.

Potato Bean Salad

Boiled potato salad with pinto beans and chipotle sauce!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups pinto beans
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped

- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 2 tablespoons chipotle sauce
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Cilantro Salad

Boiled potato salad with cilantro and ranch!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 3 medium boiled potatoes, chopped
- 3 cups tomatoes, chopped
- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 2 tablespoons ranch sauce
- 1 cup coriander leaves, finely chopped
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Peanut Salad

Boiled potato salad with peanuts and balsamic vinegar!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1 cup roasted peanuts
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped
- 1 small white onion, chopped
- 2 cups lettuce, chopped
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.

2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Pineapple Salad

Boiled potato salad with pineapple, paprika and lemon!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 3 cups pineapple, chopped
- 4 medium boiled potatoes, chopped
- 1 cup lettuce, chopped
- 2 teaspoons smoked paprika
- 2 tablespoons lemon juice
- Salt to taste

Method

1. Combine all the ingredients in a large bowl and mix well.

2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Cherry Tomato Salad

Boiled potato salad with cherry tomatoes and Caesar salad dressing!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups cherry tomatoes, halved
- 3 medium boiled potatoes, chopped
- 1 small white onion, chopped
- 2 cups lettuce, chopped
- 2 tablespoons Caesar dressing

- 1 cup coriander leaves, finely chopped
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Cucumber Salad

Boiled potato salad with cucumber and mint mayo!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups cucumber, chopped
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped
- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 2 tablespoons mint mayo
- 1 cup coriander leaves, finely chopped

- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Kale Salad

Boiled potato salad with kale leaves and sour cream!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups kale leaves
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped
- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 3 tablespoons sour cream
- 1 cup coriander leaves, finely chopped
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Corn Salad

Boiled potato salad with corn kernels and barbecue sauce!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups corn kernels
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped
- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 2 tablespoons barbecue sauce
- 1 cup coriander leaves, finely chopped
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Coleslaw

Boiled potato salad with cabbage, carrots and mayo!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups cabbage, julienned
- 2 cups carrots, julienned
- 3 medium boiled potatoes, finely chopped
- 4 tablespoons mayonnaise
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Carrot Salad

Boiled potato salad with carrots and honey onion sauce!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

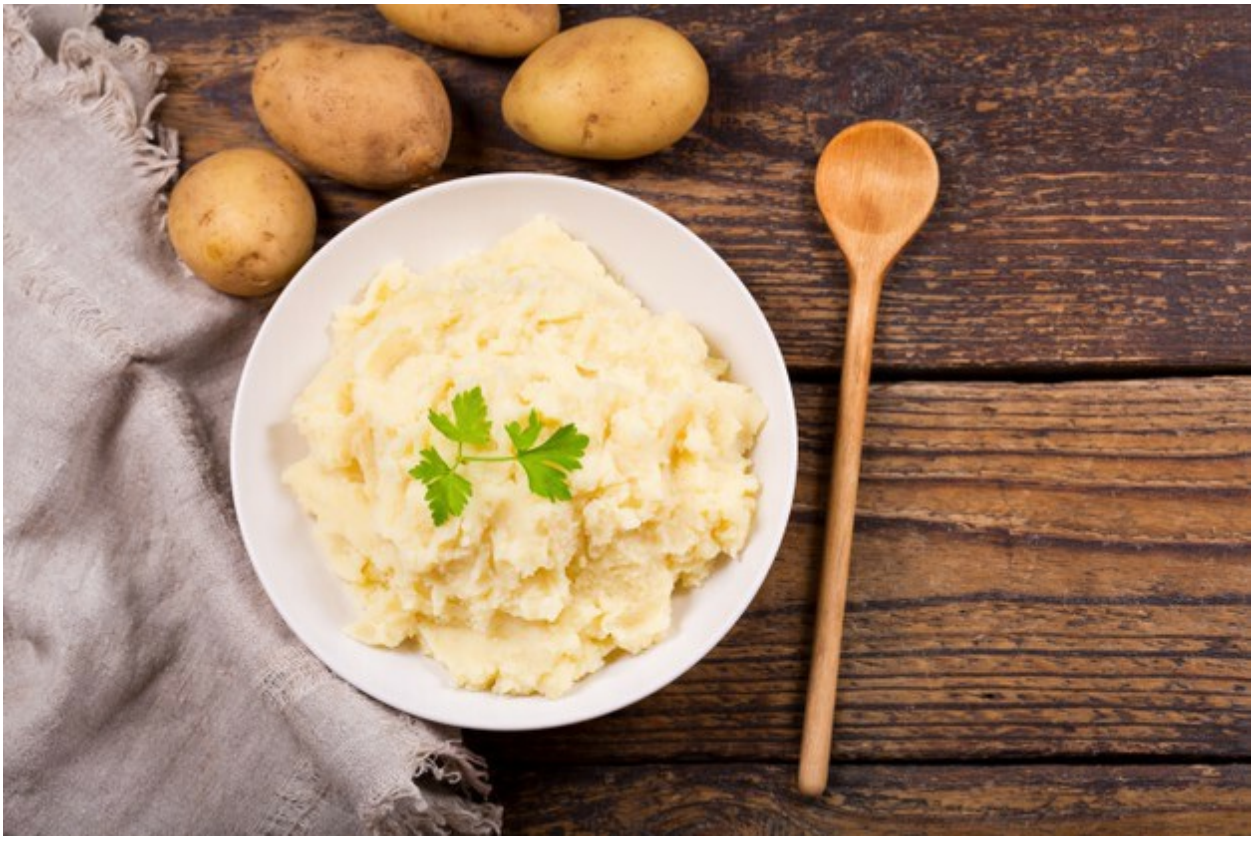
Ingredients:

- 2 cups carrots, chopped
- 3 medium boiled potatoes, chopped
- 2 cups tomatoes, chopped
- 1 small white onion, chopped
- 1 cup lettuce, chopped
- 2 tablespoons honey onion sauce
- 1 cup coriander leaves, finely chopped
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Creamy Mashed Potatoes



Mashed potatoes with cream cheese!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups cream cheese, whipped
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Jalapeno Mashed Potatoes

Mashed potatoes with jalapeños!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1 cup jalapeno, finely chopped
- 5 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.

2. Transfer the prepared salad to a bowl.

3. Serve!

Paprika Mashed Potatoes

Mashed potatoes with smoked paprika!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 teaspoons smoked paprika
- 5 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.

2. Transfer the prepared salad to a bowl.
3. Serve!

Mashed Potatoes and Peas

Mashed potatoes with peas!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 2 cups mashed peas
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Mint Mashed Potatoes

Mashed potatoes with mint!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1/2 cup mint, pureed
- 5 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Cashew Mashed Potatoes

Mashed potatoes with creamy cashew puree!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1/2 cup cashews, pureed
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.

3. Serve!

Chipotle Mashed Potatoes

Mashed potatoes with chipotle sauce!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1 tablespoon chipotle sauce
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.

2. Transfer the prepared salad to a bowl.
3. Serve!

Coriander Mashed Potatoes

Mashed potatoes with fresh coriander leaves!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1 cup fresh coriander leaves, finely chopped
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Pepper Mashed Potatoes

Mashed potatoes with green bell peppers!

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 0 minutes

Ingredients:

- 1 cup green bell pepper, finely chopped
- 3 medium boiled potatoes, mashed
- Salt and pepper to taste

Method

1. Combine all the ingredients in a large bowl and mix well.
2. Transfer the prepared salad to a bowl.
3. Serve!

Potato Soup

Pureed potato and tangy tomato soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 2 cups fresh tomato puree
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream

- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Rice Soup

Pureed Potato and rice soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, chopped
- 1/2 cup rice, rinsed
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 1/2 quart vegetable stock

- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes or until rice is cooked through, stirring occasionally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Chicken Soup

Pureed potato and chicken soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1/2 pound boiled chicken breast, shredded
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart chicken stock

- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Tuna Soup

Pureed potato and tuna soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 cup tuna flakes
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Broccoli Soup

Pureed potato and broccoli soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 medium head broccoli, finely chopped
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree
- 2 tablespoons pomace olive oil

- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Turnip Soup

Pureed potato and turnip soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 cup turnips, finely chopped
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 1 cup fresh tomato puree

- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Beef Soup

Pureed potato and stir fried beef soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1/2 pound minced beef, stir fried
- 2 tablespoons garlic paste
- 1 cup fresh tomato puree
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream

- 1/2 quart chicken stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Avocado Soup

Pureed potato and avocado soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 cup avocado puree
- 1 tablespoon ginger-garlic paste
- 2 cups fresh tomato puree
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Ginger Soup

Pureed potato and ginger soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed
- 1 small red onion, pureed
- 1 tablespoon freshly garlic ginger
- 2 cups fresh tomato puree
- 1 teaspoon cumin seeds
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Potato Baked Bean Soup

Pureed potato and baked bean soup!

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Ingredients:

- 1/2 pound boiled potatoes, pureed

- 2 cups baked beans
- 1 small red onion, pureed
- 1 tablespoon ginger-garlic paste
- 2 tablespoons pomace olive oil
- 4 tablespoons sour cream
- 1/2 quart vegetable stock
- Salt and pepper to taste

Method

1. Heat oil in a deep bottom pan over medium heat. Add in all the ingredients except sour cream.

2. Cover the pan with a lid. Then, let it simmer over low heat for 25-30 minutes, stirring occasion-ally.

3. Once done, remove the pan from heat. Transfer the curry to a serving bowl. Garnish with sour cream.

4. Serve hot!

Conclusion

Potatoes are gluten-free by nature, and even if cooked along with very few

Ingredients:

, they taste delicious. They are fat free, sodium free, and cholesterol free. They are also full of many vit-amins and minerals and act as an antioxidant. Since there are no deep frying recipes in the book, the highlighting benefits of the potato dishes are keeping fat aside and making them healthy to consume. The outcome is a healthy and wholesome jollification of all potatoes.

Author's Afterthoughts

Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books, but you chose this one. So, a big thanks for downloading this book and reading all the way to the end.

If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on Amazon.com. Your support does make a difference and helps to benefit other people.

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Rachael Rayner